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MUST GO FASTER...

BISON CELEBRATE HOMECOMING 2025

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Township board presented with Red Arrow Trail extension proposal

BY FRANCESCA SAGALA

Members of the New Buffalo Township Board heard of a possible extension of the Red Arrow Trail at their Monday, Oct. 20, meeting.

Marcy Hamilton, deputy executive director/ senior planner of the Southwest Michigan Planning Commission, said that the trail, which comes down Red Arrow Highway, ends right before the intersection at U.S. Highway 12 and Red Arrow.

"It was brought to our attention people get to this intersection and they don't know where to go," said, adding it's "very unsafe."

After meetings with MDOT, Berrien County Road Department Project Engineer Kevin Stack proposed putting a lane in for bikers or pedestrians, with little delineators, up until just past Clay Street, where the shoulder picks up on U.S. 12.

Hamilton said that there's 400 feet from where the intersection is to where the shoulder picks up.

Hamilton said that they wanted to see if the township agreed with the road department's proposal, adding that MDOT had seen the plan, but they haven't heard a response back from them.

Trustee Barb Anderson asked why a walking path couldn't be put right where the bike lane ends, adding that cyclists could walk across Red Arrow and then U.S. 12 so they're then on Clay. She said that "giving people coming into New Buffalo only one lane" could cause traffic to be backed up. Hamilton said she'd consult Stack about that situation.

Board members approved Change Order One of $48,446.20 for Tribute Plaza for unanticipated asphalt, concrete removal and what township Supervisor Michelle Heit said is a "shifting" of the park.

Jason Marquardt from Abonmarche said it was discovered the plaza that they had designed was over the Galien River Sanitary District Sanitary Sewer. As a result, some of the "expensive hardscape items were essentially shifted so that if any future maintenance was needed on the actual sewer line that they would not impact the structural elements of the plaza area." It was discovered that there were some underlying payments from the old police post that need to come out so the drainage can be installed and some of the plaza items there. Some areas of the parking lot have some heavy clays that couldn't be mitigated with the new cross section that need to be removed. Because of the shift, the second building on the property needs to be removed, and additional site grading and restoration areas are needed.

A memorandum of understanding with GRSD was approved with regards to the interceptor running through the property where the plaza is going.

Board members approved Change Order One of $8,340 and Pay Request One of $157,304.90 to Comptom Inc. for work on the disc golf course in Glassman Park.

Marquardt said that there was an additional cost for some of the additional earthwork that was done after everything as cleared for the pad. A ribbon cutting has been scheduled for 11 a.m. Friday, Oct. 31.

A service agreement with Southwest Michigan Regional Chamber to create a Chamber Growth Alliance with the City of New Buffalo, Chikaming Township and Three Oaks Township and an invoice of $25,000 to SMRC for the contracted service was approved.

In the approved consent agenda was a quote from All Traffic Solutions for $6,994 for two traffic data collectors.

Lt. Thad Chartrand said StatTrak is a camera that can count cars and tell them how fast they're going, their size and what lane they're going in. He said the cameras do this every hour, 24 hours a day, for 12 days and he can connect to it with Bluetooth and download the information.

The following extensions of preliminary approval of SLUs were granted to the following establishments: a two-month extension to Harbor Country Drive LLC at 18910 Harbor Country Drive until Jan. 7, a three-month extension to New Buffalo Group US-12 LLC at 10227 U.S. 12 until Feb. 20 and a six-month extension to 19325 US Highway 12 LLC until May 2026.

Final approval of an SLU to Rapid Fish 3 LLC to operate an adult use marijuana retail establishment at 19169 W. U.S. 12 Highway was approved.

Board members approved a temporary increase in gross pay of $2,000 a month for fire chief Jamie Flick retroactive to July 1, 2025, and continuing until the contract for fire services with the city is terminated was approved.

Jorge Alverez said that he's concerned that there's no enforcement for the dispensaries on the weekends.

He said one of the dispensaries had three flags for five weeks in a row, with one flag being put out during the week "when we're doing enforcement but, on the weekends, it's free for all."

"There is no reason why we don't have enforcement seven days a week - it's the only way to get the key of the soul of this community back," he said, adding that it "shouldn't have to be citizens all the time reporting" issues.

Regarding giving extensions, he asked the township to "hire the best attorney to stop this madness."

Denise Churchill, who lives off Wilson Road, said that more enforcement of code violations is needed, adding that she sees cars daily not stopping at the off ramp from Exit One, which could create "potential accidents." She's also concerned that Urb Cannabis was open at 11:45 p.m. Sept. 27.

Ed Trainor said he likes the concept of StatTrak; however, he said he that he doesn't see a "lot of exposure of the New Buffalo Township police force watching that traffic coming in across the state line" on U.S. 12. He's not sure StatTrak will "truly capture the issues related to the stopping going nature of the cannabis stores and how it affects the entrance into the Grand Beach area."

Anger is often brought out by the "appearance" of loss or injury.
— Dino N. Fatouros

Local Government Meetings

New Buffalo Times

Democracy Requires Transparency

CITY OF NEW BUFFALO
VANCE PRICE, MAYOR
CITY COUNCIL
MARK ROBERTSON, ROGER LIJEWSKI, KAREN GEAR, RICH KNOLL, VANCE PRICE
City Council meets on the 3rd Monday of each month at 6:30PM
CITY OF NEW BUFFALO PLANNING COMMISSION MEETINGS
Meets on the 1st Tuesday of each month at 5:30PM
NEW BUFFALO TOWNSHIP BOARD
HOWARD MALES, MICHELLE HEIT, MICHELLE HANNON, PATTY IAZZETTO, BARBARA ANDERSON
Board meets on the 3rd Monday of each month at 4PM
NEW BUFFALO TOWNSHIP PLANNING COMMISSION
Meets on the 1st Tuesday of each month at 6:30PM
SHERIFF BERRIEN COUNTY
Sheriff, Chuck Heit
Undersheriff, Greg Sanders
NEW BUFFALO AREA RECREATIONAL AUTHORITY
Meets at 10AM on the 2nd Wednesday of every other month (odd) at New Buffalo Township Hall, 17425 Red Arrow Highway New Buffalo
NEW BUFFALO AREA SCHOOLS BOARD
LISA WERNER, JOHN HASKINS, DENISE CHURCHILL, JENNIFER SUMMERS, VANESSA THUN, STEPHEN DONNELLY, GREG VOSBERG
The Board meets on the 2nd and 4th Mondays of each month at 6PM
CHIKAMING TOWNSHIP
CHIKAMING TOWNSHIP BOARD
DAVID BUNTE, PAULA DUDIAK, LIZ RETTIG, RICHARD SULLIVAN, ARTHUR ANDERSON
Chikaming Board meets on the 2nd Thursday of each month at 6:30PM
CHIKAMING TOWNSHIP PLANNING COMMISSION
Meets on the 1st Wednesday of each month at 6:30PM
THREE OAKS
THREE OAKS TOWNSHIP BOARD
Meets on the 2nd Monday of each month at 7PM
VILLAGE OF THREE OAKS BOARD
Meets on the 2nd Wednesday of each month at 7PM
GRAND BEACH
Meets on the 3rd Wednesday at 5PM EST
KIMBERLY WOLNIK, CLERK-TREASURER
HARRY WALDER, JACK GRACE, ED SEBASTIAN, PETER DOERR, EDWARD BRANDES
MICHIANA
VILLAGE OF MICHIANA COUNCIL
Meets on the 2nd Friday of each month at 1PM

Council nixes Ax Mi Tax

BY THERESE DONNELLY

The New Buffalo City Council joined several other Michigan municipalities in passing a resolution confirming opposition to a ballot initiative intended to end Michigan property taxes at their Monday, Oct. 20, meeting.

Proponents of the effort claim it will create an economic boon and protect homeowners and businesses, but critics say the expected $20.32 billion budget deficit would cut essential services and public school funding.

City Manager Darwin Watson said the petition, known as Ax Mi Tax, can seem "very, very enticing" at first glance, but the move would severely impact funding for municipalities and schools.

New Buffalo Area Schools Superintendent Adam Bowen explained NBAS does not receive traditional state funding based on student size and instead obtains 85 percent of its funds from property tax on local property, due to a large number of non-homestead properties bringing in higher than average millage.

If the school lost that source, he said, there would be no budget for the majority of its operating costs, including transportation, extra curriculars, staff salaries and equipment. He said the state would not step in to replace the lost funds and the loss would "irreversibly harm our schools and our community."

Watson added that the loss would also cost the city a majority of its own budget. He said the police and fire departments would still be funded, but the city would have no money for trash collection, parks, elections or most of its staff and financial allocations would require a 2/3 majority vote from state legislators.

During public comment, NBAS student Emily Beck urged the council to oppose the initiative, noting the loss of funds would deeply impact students.

The council unanimously approved the resolution to oppose the Ax MI Tax initiative.

The council voted 4-1 in support of a decision to join the Chamber Growth Alliance.

The planned group is intended to create strategies for economic growth and development in local communities. Each participating municipality will pay an equal portion for a shared advisor, rather than take on the full costs of a dedicated, full-time employee.

Councilmember Mark Robertson cast the dissenting vote, and said he had been in favor of joining the CGA when it was first brought up to the council earlier in the year, but he did not agree with the presented plan and felt the plans for a representative board just added another layer of government.

He questioned if New Buffalo needs to draw more visitors.

"We're so crowded in the summer with the traffic," he noted.

Watson said under the plan, the CGA advisor will give tailored recommendations to each member municipality and provide networking and grant opportunities through state agencies, while the board will oversee the advisor.

There were no public comments for the public hearing ahead of a decision to vacate a portion of the right of way between 105 S. Townsend Street and 104 S Taylor Street. Watson told the council property owner Matthew Mapes had made the request after discovering an outbuilding had been built onto the right of way before he purchased the property. Vacating the right of way fixes the encroachment and brings the property within code.

The council approved several appointments to city boards.

Marc Danesi and Pete Rahm will serve on the Downtown Development Authority until 2028 and Diane Pyshos and Chad Gradowski until 2029. Brian Campbell, Doreen Kral and Josh Lantz will serve on the Harbor Commission until 2026, 2027 and 2028, respectively, and Conrad Reickhoff will serve as first alternate. Mark Gabryszewski will serve on the Parks and Recreation Board until 2026, Mary Cooper and Kristin Survoy until 2027 and Jennifer Rowland and Kelsey Yech until 2028, with Pat Fisher serving as alternate.

A recent evaluation from the Michigan Department of Environment, Great Lakes and Energy (EGLE) determined the city needs to obtain a National Pollutants Discharge Elimination System permits. The council approved a service agreement with Spicer Engineering to prepare and file the permit application.

The service agreement is for $13,000 and Watson said the city has applied to join the Berrien and Cass counties MS4 stormwater system group. Membership costs for joining, he said, would include all future services from Spicer related to MS4 permit compliance.

The tools and technologies we've developed are really the first few drops of water in the vast ocean of what AI can do.
— Fei-Fei Li

The council also accepted a quote from Wolf Kubota of $9671.53 for a plow and salt spreader for the Parks Department. Mayor Vance Price said the plow will be used to clear park walkways and the council is considering clearing portions of sidewalks along Clay and Detroit streets that are commonly used by students walking to and from school. He said he has seen many students walking in the streets to avoid walkways not shoveled and clearing the snow would improve pedestrian safety.

Watson presented the council with a rental agreement for a front-end loader from MacAllister Rentals for one month to help the Streets Department with leaf and yard waste removal.

One month's rental will be $7215, including $750 for delivery. Watson said purchasing similar equipment could cost nearly $100,000 and the department's existing equipment is not efficient for collecting and moving leaves.

The council approved the agreement. Councilmember Rich Knoll asked if the city could find an alternate way to get the equipment to save the delivery fee, Councilmember Roger Lijewski said the cost covered insurance and ensured the company was responsible if anything happened to the equipment in transport.

As part of the enforcement of seasonal three-hour parking limits in the downtown, Watson said the city will need to purchase equipment to monitor and record parked vehicles.

He presented the council with a proposed purchase, totaling $123,028.43 for a dedicated vehicle, equipment and license plate recognition software.

Robertson expressed concerns about the high cost for equipment that will only be used three months out of the year. He asked if it was necessary to purchase a vehicle specifically for this purpose. Police Chief Rich Killips said the vehicle does not need to be brand new, but it should be purpose-dedicated to avoiding taking a police vehicle out of use during the summer. He said during the off-season, the police department could use the vehicle for other purposes, such as delivering paperwork and other materials to the county courthouse in St. Joseph.

Watson told the Council there is currently no way to enforce the parking ordinance. Courts have prohibited chalking tires to monitor parked cars. He said the city should either create a way to enforce the ordinance or remove it from the city code.

The council approved the purchase 4-1, with Robertson dissenting.

The council approved a special use permit request for a short-term rental at 10 N. Whittaker Street on behalf of owners James and Jeff Glik for the apartment on the upper level of the building, and a site plan for a multi-family dwelling at 115 South Whittaker, owned by Hardeep Minhas.

On the recommendation of the Planning Commission, the council denied a rezoning request by Elizabeth and Jacob Moore to switch their property at 16 N. Smith from R-2 Residential to General Commercial

The city manager employment agreement was created with a provision for an annual evaluation in December. The council approved an amendment to move the evaluation to July. Price explained that, in election years, new councilmembers have just joined the council when the December evaluation takes place and moving the schedule allows them to better contribute to the process.

The council had first readings for two ordinance amendments that are aimed at enforcing safety at the breakwater and harbor. The amendments will prohibit swimming or wading in the water within 50 feet of the breakwater at the city beach, and prohibit jumping, diving or pushing another person from the Whittaker Street bridge or the breakwater.

Robertson, who worked on the amendments, noted many beachgoers don't understand the dangers of Lake Michigan, and dangerous activity at the beach endangers lifeguards and other rescuers.

He added there are also plans to fence off the breakwater.

Another first reading of an amendment will relax sidewalk requirements at new constructions in the city. The original wording of Chapter 18 required all new construction to install sidewalks. Price explained the amendment will allow for exceptions in locations where the installation would not be feasible or would not connect with anything.

The Planning Commission has requested language in the zoning ordinance to address residential structures being used for commercial purposes, such as offices. The Councill had a first reading of an amendment to Article 3 of the zoning ordinance to address this.

The council also had a first reading of a zoning ordinance amendment to allow temporary signage to be placed for more than 30 days in some circumstances.

Bert Shedd addressed the council about his request to vacate a portion of South Smith Street adjacent to his property at 219 W Madison St. He said the portion is at the very end of city limits and no utilities will ever be run in the location. He is asking for the vacation to make an existing outbuilding compliant, allowing him to rent out the property.

Shedd addressed the Council as a step in making his request to the Planning Commission, and no action was taken at the council meeting.

In an update on the Pokagon Fund, Dan Petersen said the fund currently has some excess equipment available for a local non-profit.

Watson told the Council he had recently received news that new state funding will be available for city roads in 2026 and 2027. He added that the federal government shutdown is slowing down the grant process, which is needed for the city's sea wall project.

Watson also said he is working with Bowen to create a junior city council with high school students. The plan is to get students involved with local government and allow them to make recommendations to the Council.

LOCAL MANUFACTURER CLOSING

A manufacturing company is closing its operations in La Porte, which will mean the loss of more than 170 jobs.

Freudenberg Residential Filtration Technologies on Factory Street is relocating to a new facility in downstate Lebanon.

In a letter to state and local officials, the company revealed the plant will officially close on Dec. 5.

The company based in Germany makes things like filters, seals and cleaning products for over three dozen markets worldwide.

Bert Cook, executive director of the La Porte Economic Advancement Partnership, said the city was not in a good position to compete for keeping the plant here.

He said there were not many incentive programs left for the city to offer since tax abatement and other financial breaks provided by the city to the company in years past cannot be offered again once used.

"Most of those incentives are centered around new investment like attracting companies to your community. There are less tools for retaining companies once they're in community," he said.

The company employs more than 52,000 people in 60 countries.

Cook said he likes the odds of another company occupying the soon to be vacant facility at some point. — STAN MADDUX

Grand Beach officer Brewster promoted to sergeant

BY FRANCESCA SAGALA

Members of the Grand Beach Village Council approved the promotion of officer Creo Brewster to sergeant, which includes a slight pay increase, at their Wednesday, Oct. 15, meeting.

Brewster was given recognition for stopping a car with an equipment violation and discovering that the driver was a non-compliant sex offender and, through an investigation, determining he had a 15-year-old girl at an unknown location.

"He was able to find out where she was staying in another county and she got reunited with her family," police chief Ryan Layman said.

Council members approved an amount not to exceed $8,500 for the purchase and installation of a water meter in the pump house to monitor volumes received from Michiana at that point in the system. Blue Water Solutions have quoted $4,733,80, and Peerless Midwest estimates approximately $3500 for installation.

Pro Shop and Golf Commissioner Jack Grace said that they had previously approved the purchase of a meter for the pumphouse to monitor the water flows from Michiana to the village; however, there was concern that that meter didn't have sufficient capacity to keep up with the necessary flow. A new meter will now be installed, which will require some custom fabrication to have it fit into the section of pipe where it needs to go.

Council members approved purchasing a new master water meter to be installed at the Michiana delivery point in the amount of$4,354.32. Grace said the nearly 21-year-old meter, which stands in the pit in Michiana, is the one that the village gets "billed water off of." The meter stopped functioning at some point in September and, while the village has "mechanisms we can work out with Michiana to get the billing very close to correct," a replacement one is needed.

Council President Harry Walder (left) and police chief Ryan Layman honor Sgt. Creo Brewster

Councilmembers approved the village issuing golf cart stickers to outside vendors, which would be $500 per season. The stickers will be nontransferable and will remain permanently affixed to the cart.

Councilmembers discussed modifications to Sidewalk Ordinance (Part 1, Chap 384 Sections 1-10) for possible future action.

While Streets and Water Commissioner Ed Sebastian said the first subsection around construction standards seems "appropriate," much of the rest of the subsections essentially says that, if the village wants to install a sidewalk or replace or repair one, the village council can go to residents and say "if it goes in front of your house, you need to pay for it." He said he suggests that, over the next meeting or two, the council revises the ordinance to reflect that the village has a construction standard for sidewalks and that, if a resident or contractor damages a sidewalk, they would pay for it.

"But normally installation and maintenance wouldn't go to the residents is what I'm proposing we talk about," Sebastian said.

It was agreed that Sebastian would contact the village attorney, get some draft language for the ordinance and then address it at the next meeting.

Upon recommendation from the Parks and Beaches Committee, councilmembers approved the Grand Beach Nature Preserve Master Plan. Council president Harry Walder said Gary Kagen had done a "fantastic job" in putting a lot of time working on it.

Council members approved A&E Landscaping supplementing the village's leaf pick up crew at $1,100 a day. Walder said they will have their own vacuum and pick-up trucks and take all the village's leaves at no charge, adding that they would use them anywhere from two to five weeks depending on how the season gets extended. Having their assistance would also free up the village's crew to do other tasks.

Council members approved an increase to Municipal Employees' Retirement System (MERS) by increasing multiplier from 1.5% to 2.0%, which changes employee contributions from 2.58% to 4.0% and employer contributions from 6.72% to 8.57% respectively. Since the council didn't want to change the vesting year requirement from 10 years to five, the one lump sum payment to catch up will be $3,191.

Councilmembers approved a quote to regrade and replant by hole 1 at the golf course, from Eudave Landscaping for $2300, which will include the root system and providing a new, 16-foot Maple.

Councilmembers approved Cardenas Tree Service for tree removal behind third hole tee to allow for more sunlight for grass to grow.

OPINION

What's Playing at the Theater in Galien?

PART 1

BY BILL BURCK

What comes to mind when you hear the name Galien? Is it Ray & Al's Lunchroom with their homey vibe, good coffee, and badass sandwiches? Probably.

Or do you think of crazy good theater? Not so much.

Well, that's about to change. Because the third Wednesday of each month a play is staged in Galien that will take your breath away.

The theater troupe, calling themselves the Galien Township Board, perform their episodic play "Regular Board Meeting" in the Galien Township Office at 305 Kiley Drive, across the road and down a bit from the Dollar General parking lot.

You don't need a ticket—just show up. Does that mean it's free? If you must, but I would rather call it priceless.

At 7:00 pm, the show kicks off with the five main charactersseated at a banquet table in front of the audience. All of us in the room then stand to recite the pledge of allegiance—a civic show of unity belying the conflict that will soon follow.

At the first performance I attended in August, the fire chief resigned after delivering an eloquent recounting of many abuses suffered at the hands of some board members. Almost as if to validate his account, these board members then turned their attention to the township attorney and how they might replace her, all while she was sitting amongst us in the audience. High drama!

The star of this show is Tim Richter, who invests the role ofBoard Supervisor with a hulking sort of shaved head menace.The way he leans back in his chair and glowers is marvelous. He may be a bully, but on stage has the look of a caged tiger.

Take the following exchange of dialog from the September performance between Richter's Board Supervisor and the Township Clerk (played by his very own sister, Jennifer).

Board Supervisor: I took a day off work and sat down here for an hour and a half.... It's obvious the guy didn't want to do his job, so I figured he didn't want to get paid. That's the way I look at it.

Township Clerk: But again, we can't just not pay bills. I mean, we could just not cut you a check this month, because you haven't done anything but show up to meetings, cause trouble, and cash your check. But we still have to cut you a check,because it's legal.

Board Supervisor: You haven't done any other mischief things or anything else?

Township Clerk: I do my job. I'm here every day.

Board Supervisor: You didn't drag Ed up here the last meeting to ask him questions about me?

Township Clerk: I didn't drag him up here. I asked him to come.... You're breaking township ordinances and somebody needs to hold you accountable. If it has to be me, I can do it. I don't care.

Board Supervisor: What about...? You're breaking township ordinances over septic. You don't even know it. You got sewer leaking up out of your ground.

Author! Author!

I don't know about you, dear editor, but I live for this type of theater. Is it scripted? Is it improvised? Who cares?

All I ask is that you consider sharing this letter with your readers, in case they wish to experience this new form of theater flowering in the cultural garden of Galien.

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SCHOLASTICS

Deputy Edgerle named 'School Resource Officer of the Year'

BY FRANCESCA SAGALA

The hugs and rounds of applause that New Buffalo Elementary School Resource Officer Deputy Rick Edgerle received at a surprise assembly Wednesday, Oct. 15, were more than enough proof of how much his everyday actions are recognized by students and staff there.

Now, those actions have received statewide recognition: Edgerle has been named the School Resource Officer of the Year by the Crime Prevention Association of Michigan.

"The Crime Prevention Association of Michigan Awards are presented annually to honor its members and people who have demonstrated an outstanding contribution to the citizens of Michigan in the field of crime prevention," a letter from Jan B. Graham, awards committee chairman and treasurer, stated.

Superintendent Adam Bowen said that the award recognizes what is already known: that Edgerle "is dedicated to making our school a safe, positive and supportive place for everyone."

"A school resource officer's most important job is to build connections, and Edgerle has done an amazing job of that since he arrived. He has gone above and beyond his daily duties to make a real difference," Bowen said.

As a local sports memorabilia owner, through the Bison Afterschool Enrichment (BASE) program, Edgerle started a trading card club. Members of the club receive a starter pack of baseball, football and Pokémon cards, as well as a "safe, fun way to build friendships and practice social skills," Bowen said.

Students greet Deputy Rick Edgerle

Students stand with Deputy Rick Edgerle with their handcrafted banners

Deputy Rick Edgerle stands with Madeline Selby after receiving his award *(photo from Facebook)*

He also personally creates birthday cards, where he handwrites a unique note for every student on their birthday, which he sends to students during the school year and even the summer months.

Madeline Selby, director of BASE, said that Edgerle shows them every day "what it means to be caring, helpful and kind."

"We're so proud and lucky to have him at New Buffalo Elementary," she said.

For 18 years, Edgerle has been a dedicated deputy with the Berrien County Sheriff's Office, serving in the Enforcement Division.

In 2023, he was selected to serve as the SRO at the elementary school.

New Buffalo Elementary School Principal Melissa Lijewski said that Edgerle "goes above and beyond to care for our students, families and staff."

"He's not just an officer – he's a helper, a friend and a role model. This award recognizes the positive difference he's made in the lives of so many people – including right here at New Buffalo Elementary. Deputy Edgerle, on behalf of all of us at New Buffalo Elementary and New Buffalo Area Schools, congratulations on your incredible achievement," she said.

Neighbor By Neighbor introduces Bob Murphy as new executive director

Neighbor by Neighbor, a 501(c)(3) organization located in Union Pier, has announced the selection of Bob Murphy as its new executive director.

Murphy, a resident of Three Oaks, joins Neighbor by Neighbor following a 38-year career as founder and managing partner of a global marketing firm head quartered in Chicago. Since 2018, he has also served as a board member at The Acorn Center for the Performing Arts, including a term as board chair.

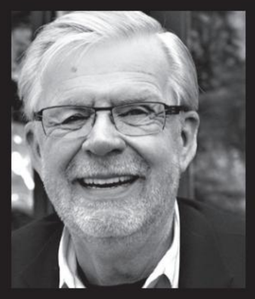
"Now is the ideal time for a person with Bob's skillset to lead Neighbor by Neighbor," said Janet Henderson, board chair. "He brings leadership skills, nonprofit experience, marketing expertise, and a passion for community service. These attributes will make our organization stronger and enhance Neighbor by Neighbor's ability to serve our neighbors in need."

"I have been moved by Neighbor by Neighbor's mission since first learning about the organization several years ago," said Murphy. "As we experience a time of uncertainty, rising utility costs, food insecurity and the lack of attainable housing, the need to support our clients has never been greater. I look forward to working with our staff, volunteers, and board to address these challenges."

Neighbor by Neighbor supports Harbor Country and surrounding communities by helping our most vulnerable residents build stability and independence. We bridge the gap that prevents people from meeting their basic needs and achieving longer-term security—whether through emergency assistance with housing, utilities, and food, or through ongoing programs such as direct aid that allows seniors to safely remain in their homes, GED mentoring, financial literacy counseling and coordination with public and private resources. By meeting neighbors where they are and listening to their unique stories, Neighbor by Neighbor strives to connect each person with the right solutions to move forward with dignity and hope. — STAFF REPORTS

From the Bleachers

COLUMN BY KURT MARGGRAF IN CHICAGO



When the Milwaukee Brewers beat the Chicago Cubs, they celebrated by throwing shade on the Cubs and their fans by displaying a big L.

I think most people know that Cub fans display a W after a win, but the players aren't involved. Karma has a way of raising it's head, and the Brewers quickly found out, losing four in a row and being eliminated by the Dodgers.

As much as I don't like the Dodgers, I must admit that I received a certain amount of pleasure watching them handle the Brewers so easily. To the Brewers, remember, "it ain't over until the fat lady sings".

On the other hand, Bears fans, and maybe even a few of the players, were feeling like it was going to be another long season after the Lions beat them badly in the second week of the season to drop their record to 0-2. There was more talk about how the Bears often win in the pre-season but are lousy during the season.

Since that bad start, the Bears have won four straight games, and Bears fans across the nation are starting to believe. While the teams' progress hasn't been consistent, it has certainly been real.

The offense took center stage in the Bears first win (against Dallas). They beat the Raiders in a sloppy game where special teams were the difference. The victory over Washington saw the Bears rushing attack come to life in a big way, and this past Sunday, the defense stepped up big time.

Most importantly, the two keys to making the playoffs, coach Ben Johnson and quarterback Caleb Williams, continue to gain valuable experience working together.

The rest of the season will probably be bumpy where some weeks the team will look like Super Bowl contenders and other weeks will be horrible, but I'm convinced the Bears are on the right track.

One thing is for sure, the Bears are one hundred percent better than they were last year, and a lot of that comes from coaching. The hiring of Ben Johnson has allowed them to hire great assistant coaches and attract top caliber free agents.

Most significantly, the players that were already here have improved and been put in position to be their best. The future's so bright that Bears fans got to wear shades.

In a couple of weeks, I'm going to tell you a story about a gentleman I met this week. A few of us, most of whom hadn't met until that night, were sitting around telling stories about our exploits in the little league, high school, and even college sports when one of the guys proudly told us his story, and the story of his son.

He asked me not to talk about it for a couple of weeks so I, of course, will honor his wishes. The story is baseball related and I hope I can interest you as much as he interested us.

Walter Payton said, "When you're good at something, you'll tell everyone. When you're great at something, they'll tell you."

Be kind. Talk to you next week. Peace, love, and happiness.

Fortune sides with him who dares.
— Virgil

Push to restrict data center locations in La Porte County

BY STAN MADDUX

There's a push to force data centers wanting to go up in the unincorporated areas of La Porte County into zones designated strictly for industrial use.

The La Porte County Commissioners on Wednesday, Oct. 15, voted unanimously to request an ordinance containing such a requirement be adopted by the La Porte County Planning Commission.

Commissioner Steve Holifield said the idea is to prevent a data center from locating near residential neighborhoods and on productive farmland.

Holifield said he would also like to have limits on water consumption in such an ordinance to ease fears over the impact a data center might have on water tables given their need for water to keep their servers from overheating.

So far, La Porte County government has not received any formal proposals to construct a data center, officials said.

"There's a lot more questions than answers right now. We want to make sure it's done correctly and the people of La Porte County are protected," he said.

The request will be considered at the next planning commission meeting on Oct. 28 at 6 p.m. at the La Porte County Complex, said Holifield, who's the planning commission's vice president.

Any ordinance adopted by the planning commission would go before the county commissioners for final approval, which is standard procedure.

During the commissioners meeting, there was a strong turnout of concerned residents from the area of Indiana 39 and 400 South near Kingsbury.

Their concerns are driven by several nearby landowners reportedly being contacted about any interest they might have in selling their farmland.

One of the concerned residents, Ken Layton, suggested Kingsbury Industrial Park just a few miles to the east as a perfect location for a data center.

Layton, a former La Porte County Commissioner, said the huge park already has municipal water and sewer service and a NIPSCO substation that could meet a data center's high demand for electricity.

In addition, he said there's already a buffer zone keeping the inside of the park out of public view.

"You can't see what's going on inside the K.O.P. unless you go inside the K.O.P., he said.

The park was once known as the Kingsbury Ordnance Plant where ammunition was made several decades ago for military use.

"We don't want it in our backyard either," said Carolyn Tole, who lives in an old subdivision near the entrance to the industrial park.

Tole, who moved there about 10 years ago, said a lot of people apparently don't realize there are residents like herself along the park's boundaries.

"Our neighborhood has been out there since 1942. I don't know why you're so quick to throw something out there," she said.

Don Laskowski expressed fears a data center near his home across from Luhr Park Nature Center would especially have a negative impact on ground water levels.

"I'm just worried all of our water wells are going to get sucked dry," he said.

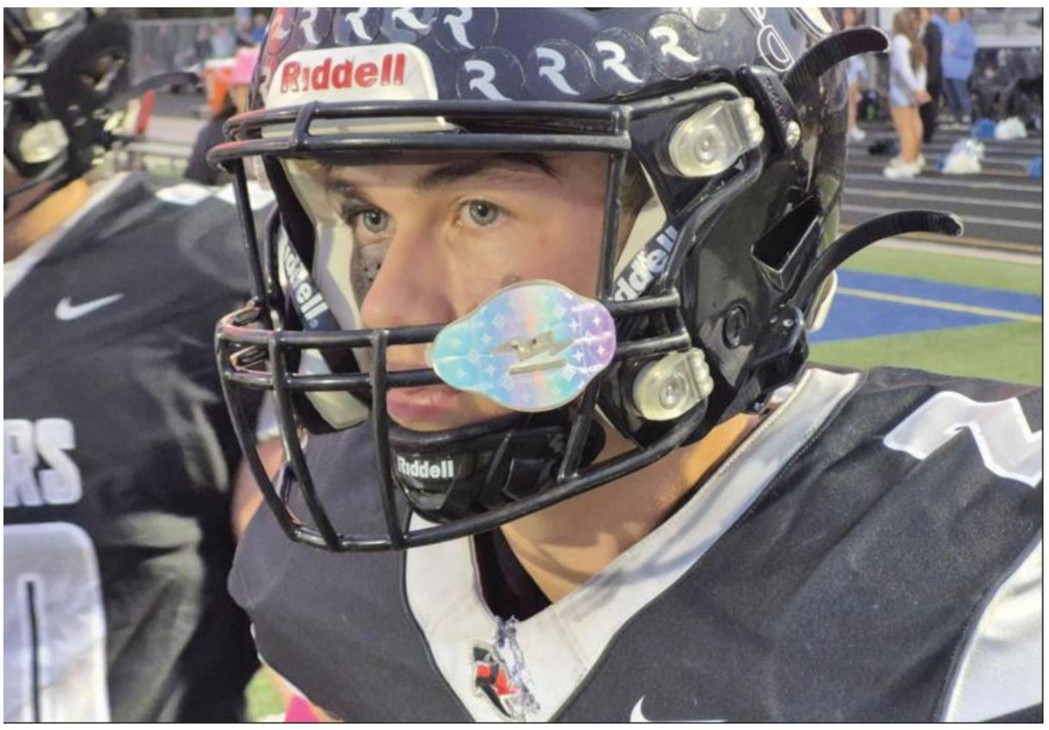
Commissioner Joe Haney encouraged residents to again turn out in great numbers and speak their minds at future meetings addressing the issue.

"That's exceptionally important," he said.

Right now, Haney said he's opposed to any plans for a data center given his high level of uncertainty about their impact.

He pointed to a data center presently going into a former windshield wiper making plant at 402 Royal Rd. in Michigan City and one planned in the city limits of La Porte in the area of Boyd Boulevard and Indiana 39.

"Until we see how those perform, I'm not in favor of seeing any data center at all in our unincorporated areas," he said.



Loss to Bridgman costly for Raiders in football

BY STAN MADDUX

The Red Arrow Raiders lost their undefeated season and the division title in a high school football blow out at home to Bridgman.

The Raiders (7-1) were no match for the Bees, who won 44-8 on Friday, Oct. 17, at New Buffalo High School.

It was the first loss in the division for the Raiders.

The Bees, who are also 7-1 and 5-0 in the Southwest Michigan 8-Man Football League, were powered by senior quarterback, Ty Adams.

Adams using foot work, speed and power along with gaping holes created by his offensive line to run through, had two long touchdown runs in the first three minutes of the first quarter

On the Bees' next series of downs, Adams completed a pass to a wide-open receiver for a 31-yard gain.

Adams kept the ball on the next play and ran 40 yards into the end zone with just over two minutes left until the second quarter.

The Raiders threatened to score early in the second period when sophomore quarterback Colten Lijewski connected with senior Lucas Forker on a 44-yard pass reception.

The next pass went to Forker for a 10-yard gain to the Bees' 20-yard line.

However, the Bees intercepted the next pass in the end zone and ran the ball back to their own 23-yard line.

A short time later, Adams on a keeper ran 45 yards for another touchdown.

Adams also had a 25-yard touchdown run with just over two minutes until halftime.

Raiders Head Coach Matt Johnson, who was optimistic about his team's chances going into the game, said Bridgman took advantage of mistakes his players made on defense.

"With a team like that, everybody needs to do their job. If one guy doesn't do their job and he goes to the wrong gap, a good athlete, a good team is going to expose that and that's exactly what they did," he said.

The Raiders scored in the third quarter when Forker after catching a short pass from Lijewski ran about 20 yards into the end zone.

On a few other occasions, the Raiders during the second half advanced the ball into the red zone but came away each time without scoring.

The final game for the Raiders is Friday against Eau Claire at New Buffalo High School.

Johnson said the key will be for his team to limit mistakes to prevent the Beavers from using their speed to rack up large gains on offense.

"If we execute, we'll be fine," he said.

Raiders swept by Bucks in girls' volleyball

BY STAN MADDUX

The Red Arrow Raiders suffered a disappointing loss to Buchanan in girls' high school volleyball Monday during Senior Night at River Valley High School.

The Raiders (15-7-6) feeling confident going into the match were swept in three sets after losing to Buchanan in two sets during a tournament earlier this month at Bridgman.

The outcome was 25-23, 25-12 and 25-14.

Head Coach Carly Barton received the level of play she expected from her players during the first set decided by just two points.

However, the Raiders while down by four points in the second set began unraveling mostly from mistakes while striking the ball and being overpowered, at times, by spikes from Gabby Carson, a near 6-foot-tall freshman.

In the first set, the Bucks jumped out to a 7-4 lead on a hard shot over the net that deflected off the face of senior Breanna Taylor.

Taylor soon factored into the scoring with a spike followed by two consecutive points off the serve.

The Raiders then took the lead on points from a spike and blocked shot at the net from sophomore Addison Lynch.

The Bucks, though, went on a run to take a 22-17 lead but the Raiders came back to within one point with help from two consecutive unreturned soft shots from Taylor followed by a point from a spike delivered by sophomore Lila Lugbill.

The Bucks scored again on the next possession but the Raiders pulled back to within one point on an unreturned shot from junior Laney Strother.

Buchanan scored the next point, which decided the set.

In the second set, the Raiders stayed within striking distance early with help from an ace by junior Kynzi Brooks, kills from Lynch and Lugbill and a blocked shot at the net for a point by Brooks.

After Buchanan extended their lead to seven points, the Raiders now looking discouraged made a series of poorly executed shots that helped the Bucks cruise to a 13 point victory.

The Raiders' performance wasn't much better in the third and deciding set.

Despite the loss, Barton is optimistic about her team making a deep run in the District tournament early next month.

"I think we have a good chance. We're excited. We're ready," she said.

Runners walkers unite to 'Run to the Center of the World'

BY FRANCESCA SAGALA

Having nearly finished a successful cross-country season, 12-year-old Karina Hamann wasn't too worried about tackling the annual Run to the Center of the World 5K Saturday, Oct. 18.

"It's the end of the season – I'm in shape," Hamann, who's a seventh grader at River Valley Middle School and lives in New Troy, said.

Hamann, who's only been running cross country since she was in sixth grade, finished first place overall with a time of 23:13.3, as well as was the first female finisher, at that day's 5K.

She said she also did a run at St. Patrick's Park in South Bend this past summer, although her results from that race were "not that good."

"It was before the season," Hamann said.

Returning for another year and winning second place at 23:30.7 was Lisa Wolf of Bridgman.

"I was chasing her (Hamann) the whole time," Wolf said.

After a battle with Covid, during which Wolf needed to be placed on oxygen, Wolf placed first in the 5K in 2022. After convincing her family to join her, Wolf said her brother took first place last year.

"I really like this race - I try to run it every year," she said.

With a time of 24:40.8, 70-year-old John Cordogan came in third and was the male finisher.

"I got a second wind on the back half - that was sweet," he said.

Cordogan, who started running at 50, said he's run 17 marathons, including the Boston Marathon twice, the Chicago Marathon three times, one in New York and one in St. George, Utah.

After viewing an Internet video of his next-door neighbor and his daughter running, he decided "I'm going to do that."

"It's like an aphrodisiac - you start it and there's no stopping," he said.

His wife, Carmen, was also running that day. Cordogan said that she ran a six-day, ultra marathon in Greece.

The 5K, which started and ended at the Friends of New Troy Community Center, wounds through the backroads of New Troy.

Runners and walkers received gift bags, which included gift cards from several local businesses.

Terry Hanover, vice president of the FONT Board of Directors, said that the 5K provides about a third of the community center's budget for the year.

FONT has spent the last few years making improvements to the center – repaving the parking lot, repairing sidewalks for accessibility, creating a walking path to the Memorial Garden, redoing the building's façade and adding new landscaping.

Currently, Gather and Markets, featuring a variety of local vendors, have been running in the center on Saturdays. The center also hosts other community events, including sewing classes, pickleball and children's activities on weekday mornings.

"It's doing pretty good," Hanover said.

The New Troy Community Center, which is located at 13372 California Road, is run by FONT volunteer members and is supported through memberships, donations, and fund-raisers.

For more information, visit www.friendsofnewtroy.org.

John Cordogan crosses the finish line

Lisa Wolf crosses the finish line

Walkers cross the finish line

Runners are raring to go in the annual 5K

Walkers head down California Road

New Buffalo High School soccer team celebrates its districts championship

Nick Haskins and Bianca Ilescas-Villa hold the Spirit Jug

Homecoming Queen and King, Angelina Bryk and Nick Haskins

Elementary students cheer at the pep rally

Movie-themed golf carts roll down the track

The New Buffalo High School Band leads students through the hallways ahead of the pep rally

Girls play Powder Puff Football on Sunday

Students do a tug of war at the pep rally

The student cheering section at Friday's game

Students balance a pizza carton as part of pep rally games

Bison celebrate Homecoming 2025

BY FRANCESCA SAGALA

Movies took center stage at this year's New Buffalo Homecoming, which took place Monday through Friday, Oct. 20-24.

Winners of the golf cart contest were as follows: first place, sophomores for their "Jurassic Park"-themed cart; second place, seniors for their "Up"-themed cart; third place, freshmen for their cart that represented the movie, "Cars" and fourth place, juniors for their "Stars Wars"-themed cart.

Winners of Spirit Week, during which students got decked out in outfits pertaining to a day's designated theme, were as follows: first place, seniors; second place, juniors; third place, sophomores and fourth place, freshmen.

Crowned Homecoming King and Queen at Friday's game against the Bridgman Bees were Angelina Bryk and Nick Haskins. Also on this year's Homecoming Court were Jennifer Pokuta, Connor Semunchuk, Charlotte Humphrey, Nicholas Wolfe, Bianca Ilescas-Villa, Isai Lopez, Madison Dodge and Kayden Hall. Class representatives were Issla Wagner and John Bradshaw, juniors; Lila Lugbill and Jayson Phelps, sophomores and Gia Bergquist and Griffin Luehring, freshmen.

Novak to fill vacant seat at the Statehouse

BY STAN MADDUX

A longtime member of the La Porte County Council will now have a seat in the Indiana state legislature.

Randy Novak of Michigan City ran unopposed for 9th District State Representative during a caucus of democratic precinct committeepersons.

Novak will serve the just over one year and two months left on the term of Pat Boy, who decided recently to retire.

She had held that seat since 2019.

Boy, who endorsed Novak, was previously a member of the Michigan City Common Council from 2004 to 2018.

"It's big shoes to fill. I'm excited to get to work," Novak said.

La Porte County Democratic Party Chairwoman Julie Sinclair said Novak has a reputation as a hard worker during his over 10 years on the council and service as fire chief in Michigan City before he retired from the department in 2020.

"We're really proud of Randy and we're really excited to have him represent District 9 down in Indianapolis," she said.

Sinclair also pointed to Novak's history of working with republicans, which could help bring more bi-partisan support to his proposals since republicans have a super majority at the statehouse.

"It's not going to be easy but there are things I'm hopeful we can get accomplished," he said.

Novak said his top priorities involve matters like public safety, housing, jobs, education and keeping taxes as low as possible.

A caucus of democratic precinct committeepersons to elect Novak's replacement on the county council is scheduled for Nov. 20.

Whoever is elected will serve the just over 14 months Novak has left on his term on the county council.

PUBLIC NOTICES

NEW BUFFALO AREA SCHOOLS IS PROCEEDING WITH A PLANNED UNIT DEVELOPMENT (PUD)

New Buffalo Area Schools is proceeding with a Planned Unit Development (PUD) on 12332 Lubke Road, New Buffalo, MI 49117. Beginning Monday, October 13, 2025, a Request for Qualifications (RFQ) will be released to the public to seek private investors/developers to partner with New Buffalo Area Schools to develop the property. The Request for Qualifications: New Buffalo Area Schools Attainable Housing Project document may be examined on the district's website www.nbas.org under "Our District." There are specific qualifications that developers will need to demonstrate that can be found on RFQ.

For any questions on the RFQ, or scope of work, can be submitted to Adam Bowen at abowen@nbas.org. Printed copies of the RFQ may be obtained at the Superintendent's Office at 1112 East Clay Street, New Buffalo, MI 49117.

Interested investors/developers must submit qualification documents to Adam Bowen, New Buffalo Area Schools 1112 East Clay Street, New Buffalo, MI 49117 or abowen@nbas.org (subject line: Attainable Housing RFQ Response) by November 14, 2025 at 12:00 PM EST.

A Writer's Life...

DURING THE GOLDEN AGE OF TELEVISION ANIMATION

BY JACK OLESKER

A realization...

Over the next week, story springboards came in from Ray Dryden and Jack Hanrahan and Eleanor Burian-Mohrand other writers I hadn't worked with yet. Durnie King, Jeff Rose, Roger Scott and Mike Moore rounded out acadre of new-to-me writers.

As I read each springboard and made notes about the ones I liked, I gave each the respect and time they deserved. I remembered when I was a freelance writer chirping to get script assignments. You put your best efforts into it, then sat and waited on edge until you hopefully got the greenlight to move to writing a treatment. I'd found making that greenlight phone call was one of the true joys of being a story editor.

A lot of the story springboards were approved, writers gleefully moving to writing treatments. Part of the reason for the high approval rate was that most of my writers had written for Heathcliff and the Catillac Cats during the series' previous 65 episode run. So they were able to submit what Lori and I were looking for.

To be honest, I didn't know what the process was after I submitted springboards to Lori. For this 21 episode run of the series, Lori was serving as 'Creative Supervisor'. I was sure she was in the trenches, on the front line. I doubted Jean Chalopin, Bruno Bianchi or the other top execs had the time to read the story springboards that came from me to Lori and ultimately to them. I figured she sat with Jean for a couple of hours and gave him one or two sentence pitches for each springboard and he would approve the ones he liked.

Things clicked and clacked along and by the time we had a dozen or so full scripts being written it occurred to me this was a different kind of series... at least for me.

Understand we were in the early-1980s and a lot of action/adventure animated children's series were airing. Thundarr the Barbarian, Dungeons and Dragons, He-man and the Masters of the Universe and, of course,Transformers were racking up big ratings and making a lot of money for toy companies, studios and producers.

Viewers, especially boys, loved the action/adventure series, despite parents, educators and child psychologists' raised eyebrows. Producers tried to assuage critics' concerns by saying heavy action/adventure series were targeted toward an older demographic. But that didn't stop younger viewers from watching them.

DIC Entertainment had a few action/adventure series, such as Jayce and the Wheeled Warriors. But for the most part our series were softer, like Care Bears, Inspector Gadget and Heathcliff and The Catillac Cats.

Action/adventure aside, Heathcliff and the Catillac Cats had one very different element — an element most critics didn't pick up on. Namely, this was one of the first children's animated series to feature a true romance angle. Heathcliff had sensuous Sonja, and Riff-Raff had comely Cleo, although tomcat Riff-Raff frequently pursued other female felines in the neighborhood.

Romance and boyfriend/girlfriend relationships were something new for children's series. As I read more and more story springboards, treatments and scripts being submitted and as I continued to view earlier episodes, I came to understand the romance element was an integral part of Heathcliff and The Catillac Cats. I liked that.

I recalled Frenchman Jean Chalopin had his fingerprints all over the series and we all know French isn't called a 'Romance' language for nothing. Ah, the French...

HOROSCOPE

OCTOBER 23-29, 2025

AS INTERPRETED BY SANDY "STAR" BENDT

ARIES MARCH 21—APRIL 19

The vibe this week is very pugnacious and even if events call for an aggressive stance be sure to temper it with your desire for a peaceable outcome. You are easily provoked now and it is better to restrain emotional responses. Choose diplomacy and create win-win situations

TAURUS APRIL 20—MAY 20

Buckle your seatbelt. There are going to be some bumps in the road along with some exciting turn of events this week, and your going to have to go that extra mile to get past the mayhem. Even if you have to go it alone, be true to yourself and keep your focus on what's important to you.

GEMINI MAY 21—JUNE 21

Fool hearted memories will make a fool hearted man. It's time to be completely realistic when looking at the past. This is the key to improving your health, work environment or living arrangement in the present. Take the lesson and apply it; the support and backing are there.

CANCER JUNE 22—JULY 22

Strong inner feelings are likely to rise to the surface this week, which could put you at odds with partners. Thankfully as a cardinal water sign you are accustomed to strong currents and can surf through conflict resolutely. Embrace the tide and sail on to a more stable terrain.

LEO JULY 23—AUGUST 22

The vibe coming in this week can be challenging but also, very productive. There is a pull between conforming and rebelling. This is the time to develop your individuality, while actively participating in a group effort. Look for ways that accentuate your uniqueness, as you support others.

VIRGO AUGUST 23—SEPTEMBER 22

Keep a map in your back pocket and prepare to traverse through some alternative routes this week, as you are likely to encounter roadblocks and obstacles. Be aware that these unexpected hurdles are really stumbling blocks to good fortune and generous gifts. Blunder on!

LIBRA SEPTEMBER 23—OCTOBER 22

Quarters could feel quite tight this week, as you are feeling pushed by partners or close associates. Their prodding may be calling attention to some areas of your life that you have shut down or ignored and even though it may be uncomfortable, it is necessary for a positive shift.

SCORPIO OCTOBER 23—NOVEMBER 21

You will be very intuitive this week and will easily pick up on any structural issues that may disrupt communication or the flow of information. Tune out other people's expectations and listen with a more selective ear tuned to legitimacy and dependability, not speculation.

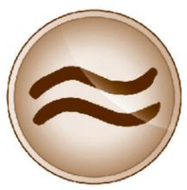
SAGITTARIUS NOVEMBER 22—DECEMBER 21

The vibe coming in this week is all about opening up to new experiences while bringing the knowledge you have from the past forward. The important thing is to release the emotional component and retain the intellectual component of a previous struggle.

CAPRICORN DECEMBER 22—JANUARY 19

Prepare for more foot traffic this week as old friends, business connections and even strangers will be traversing your normally quiet home this week. Pay attention to the underlying connection between your visitors. Perhaps they shed light on otherwise hidden opportunities.

AQUARIUS JANUARY 20—FEBRUARY 18



Your path is being lit up this week but progress may require some finetuning. Don't be fooled by aggressive language or bold posturing. Know that huge developments can be made with small adjustments and performance can be greatly enhanced with a gentler hand.

PISCES FEBRUARY 19—MARCH 20

This week the stars are forming some stressful angles this week and suppressed insecurities will likely be exposed. It's important to come forward with any hidden agendas and express any pent-up aggression. Use this as an opportunity to clear the air and start fresh.

A word once uttered can never be recalled.
— Horace

THE BENDT SHOVEL
Perennial Garden Maintenance
Sandra Bendt
(219) 874-2269

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	1	3					2	
				2		4		
9		8			4			
				5	9	2		
		2		6				
	8				3	1	6	
		4	6					
				3				5
	3				8		1	

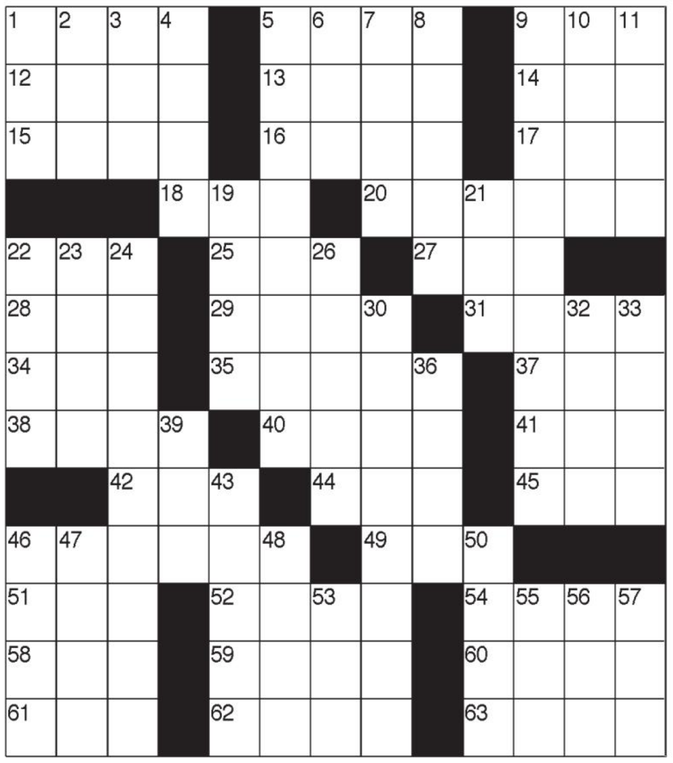
CROSSWORD PUZZLE

ACROSS

1 Broad structural basin
5 Prayer beads
9 Island
12 In the same place (Lat.)
13 Above
14 Cheer
15 Verdi opera
16 Shortly
17 Nat'l Security Agency (abbr.)
18 Drunk driving (abbr.)
20 House (Fr.)
22 Article
25 Atl. Coast Conference (abbr.)
27 Explosive letters
28 King
29 Wound mark
31 Dull color
34 Dance company (abbr.)
35 Immature insect
37 Antiaircraft artillery (abbr.)
38 Lake
40 Television channel
41 Peeve
42 According to (2 words)
44 Atomic Energy Commission (abbr.)
45 Born
46 Enlarge
49 Body of water
51 Small (Scot.)
52 Ireland
54 Wildly talk
58 Insult
59 Pain
60 Nurse shark
61 Ibsen character
62 Grass
63 Us dam

DOWN

1 Aunt (Sp.)
2 Mother of Hezekia
3 Top
4 Irish exclamation
5 Presa (2 words)
6 P.I. volcano
7 Emerge
8 Yearly church payment
9 Pressure
10 And
11 Birth a lamb
19 Stinging insect
21 Indiana (abbr.)
22 Trolley
23 Daughter of Zeus
24 Insert (2 words)
26 Rom. box
30 Colza
32 Berne's river
33 Roast
36 Noun-forming (suf.)
39 Guido's note (2 words)
43 Almost
46 Grape disease
47 Christmas (abbr.)
48 Gaming cubes
50 Ship of the Argonauts
53 Fluidity unit
55 Amer. Automobile Assn. (abbr.)
56 Ultimate degree
57 To (Scot.)



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To Your Health

COLUMN BY KAREN EDWARDS ND

YOUR HEALTH IS YOUR BEST WEALTH

Part 2

Genetics loads the gun…but diet and lifestyle pull the trigger.

The Standard American Diet is designed to keep us addicted. You have to go 21 days without the processed foods, dairy, white flour and sugar to cleanse, detox and rebuild your body. It can be difficult at first, which is why many people don't go through with it. Not drinking alcohol or consuming toxins can cause a "Healing crisis" such as headaches, mucous, digestive discomfort, weakness and other symptoms. You can assist this by drinking more water with lemon, nutritious herbal teas and keeping all of the channels of elimination open. After 21 days, you begin to crave and appreciate whole living foods that was meant for our bodies.

There is nothing dangerous about eating healthy foods that was originally designed for us. We were brainwashed. Every living fruit and vegetable contains usable amino acids, vitamins and minerals. We don't have to drink the milk of another mammal to get our calcium. We are the only species that does this. Additionally, they heat it, homogenize it and add a ton of antibiotics and hormones to it. Think of what you are putting into your body if you consume dairy. Do your own research. Not from the dairy industries page.

Does your doctor warn you that the growth hormone in dairy can cause cancers and other metabolic disorders, or that the chemical dyes and synthetics in processed foods can cause neurological disorders, and cancers? We are told that you shouldn't eat beans because they have lectins, or leafy greens because they cause kidney stones from oxalates. Research these, don't fall prey. All whole food, contains the full panel of nutrients. What truly causes kidney stones is high acid from meat, dairy, & processed chemicals they put in food. Even coffee has isolated oxalates. Dig deep, the truth is out there.

Watch documentaries of top Doctors in the world teaching whole food truths. Watch those who have reversed life threatening diseases with the use of healing food as medicine.

If you are interested in bettering your health, don't hesitate. You are in charge of your health and you can make changes. Work with your healthcare practitioner and tell him/her that you want to achieve health using whole foods. Most important, do your own research.

It was many years ago that the spark of truth ignited in my spirit that allowed me to change my diet and what I put into my body, mind and spirit. Just like you have to keep your house maintained, we have to do the same with the most important gift we were given.

Our bodies are our Temples. What goes into them should be pure. We have gotten so far out of harmony and balance with nature. Start with small, manageable changes. Focus on consistency, and build a strong support system. Research. Don't give up!

None of my articles are meant to diagnose, treat, prevent or cure. If you are on medications, do not stop taking them. Work with your healthcare practitioner.

DISCLAIMER: *Everything here is for nutritional education and is not meant to diagnose, treat prevent or cure. See your doctor when you have questions.*

PET OF THE WEEK

RON STOPPABLE

Your mood will instantly improve just by hanging out with Ron Stoppable. He is about 44-pounds of happiness, energy, zest, and joy. He is neutered, and vaccinations are up-to-date. Ron is currently learning how to sit politely. He would love for whoever adopts him to keep teaching him polite manners and to make sure he gets his daily exercise. He would prefer to be the king of the castle, without other dogs or any cats. In fact, your lap will become his lap. Make Ron Stoppable part of your home today.

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New Buffalo Times
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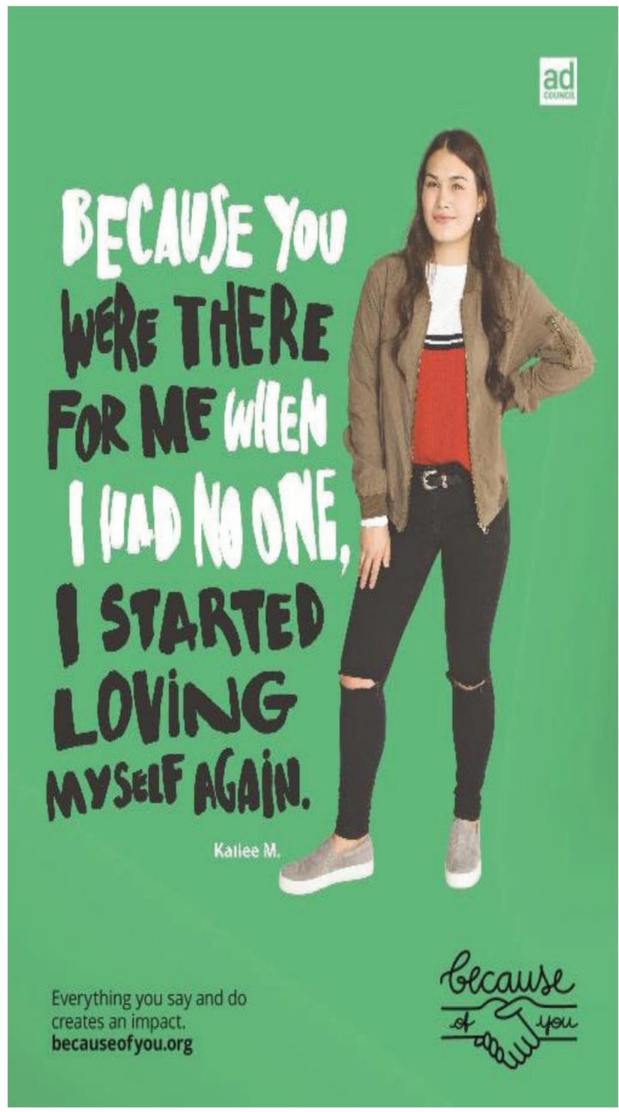
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Kaliee M.
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Guests gaze at the jewelry on display

Guests view the crafts in the Gold Gym

Shelby Crawford stands by her bear creation

Dave Keammerer stands by his display of woodcrafted Santas

Handmade treasures and apple slices return for Arts and Crafts Show

BY FRANCESCA SAGALA

The unique items for the home, the homemade treats and the iconic apple slices returned to the two gyms at New Buffalo Middle/High School for the 42nd annual New Buffalo Service League Arts and Crats Show Saturday, Oct. 18.

This year's show had over 100 talented vendors, each of whom were touting a variety of their handmade treasures – jewelry, clothing, Christmas and other holiday decorations, paintings and woodwork and specialty foods.

In the cafeteria, guests could enjoy breakfast and lunch as well as choose from a variety of homemade treats at the bake sale. Early birds congregated in the cafeteria to grab apple slices, which are one of the show's time-honored traditions.

Over a dozen service league members and volunteers spent the day at St. Mary of the Assumption's kitchen peeling and slicing apples and making dough to prepare the recipe to make the apple slices to be baked and sold at the show. This year, member Lori Ziesmer said that there were about 450 slices. The slices are then transported to the middle/high school cafeteria, where the staff bakes them the day before the show.

Proceeds from the show support local scholarships and community needs. Last year, nine graduating seniors were awarded scholarships.

"It's really a team effort - they donate the middle/high school gyms to us, we're raising money for scholarships for them," Ziesmer said

Officers for the New Buffalo Service League, which is a non-profit organization, are Donna Messinger, president; Carmen Campbell corresponding secretary, Lori Ziesmer, recording secretary; treasurer, Mary Campbell; membership, Mary Jane Evans and vice president, Diana Smith.

Tammie Marlowe stands by her China Blooms

Kathey Mitchell stands by her stockings honoring the military

New Buffalo Service League members display the iconic apple slices

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